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An Introduction to Buddhism

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This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as:

- What is the goal of the Buddhist path?
- What is karma?
- If all phenomena are empty, does that mean nothing exists?
- How can we deal with fear?
- How do I establish a regular meditation practice?
- What are the qualities I should look for in a teacher?
- What is Buddha-nature?
- Why can't we remember our past lives?

Your concise guide to Buddhism, mindfulness, and meditation! The Everything Essential Buddhism Book is your beginner's guide to the Buddhist principles of nonviolence, mindfulness, and self-awareness. Learn about the deceptively simple truths of this enigmatic religion, including: The life of Buddha and his continuing influence throughout the world Buddha's teachings and the Four Noble Truths of Buddhism The

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Noble Eightfold Path and how it should guide you What the Sutras say about education, marriage, sex, and death The proven physiological effects of meditation The growing impact of Buddhism on modern American culture Also included is instruction for the many forms of Buddhist meditation, including Zen and Tibetan practices. Most important, you will learn how you can apply the tenets of Buddhism to your daily life--and achieve clarity and inner peace in the process.

Four hundred million people call themselves Buddhists today. Yet most Westerners know little about this powerful, Eastern-spawned faith. How did it begin? What do its adherents believe? Why are so many Westerners drawn to it? Essential Buddhism responds to these questions and many more, offering an accessible, global perspective on the religion's past, present, and future. It identifies how the principal concepts and practices originated and evolved through diverse cultural adaptations into three basic formats: * Theravada (including Vipassana, brought from Vietnam in the 1960s and including such practitioners as Jack Kornfield and Jon Kapat-Zinn) * Mahayana (including Zen Buddhism, originally brought to America by Japanese teachers after World War II and popularized by Jack Kerouac and Thomas Merton) * Vajrayana (including Tibetan Buddhism, from the teachers who fled the Chinese takeover of Tibet in the 1950s as well as the Dalai

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Lama, and embraced by Allen Ginsberg, Richard Gere, and countless others) Essential Buddhism is the single best resource for the novice and the expert alike, exploring the depths of Buddhism's popularity and illuminating its tenets and sensible approach to living. Written in the lucid prose of a longtime professional storyteller, and full of Buddhist tales, scriptural quotes, ancient stories, and contemporary insights, Essential Buddhism is the first complete guide to the faith and the phenomenon.

Buddhism: A Beginners Guide Book For True Self Discovery and Living A Balanced and Peaceful Life Find out all about mysterious Buddhism, its origins, its secrets and its answers to the challenges of modern life. This book contains a basic overview of Buddhism, including the life of Buddha, and the various kinds of Buddhism that have developed. It takes a look at all the key concepts and most important teachings, methods and insights in a way that is easy to understand. Filled with a wealth of common-sense and other-worldly wisdom, the path to enlightenment is considered. Learn about meditation, mindfulness, happiness, Samadhi, Nirvana and all the other important concepts that have helped shape our understanding of reality. Find out about Zen Buddhism, and study all the basic elements that make the Buddha Dharma so compelling to people of all walks of life. Here Is A Preview Of What

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You'll Learn...*Learn about Siddhartha Guatama, who became the Buddha*Find out about different Buddhist schools*Understand Meditation, mindfulness and awareness*Learn about relaxing and letting go, and its benefits*Find out what Samadhi is all about*Find out about Karma, whether good or bad.*Discover the teachings about reincarnation*Learn about impermanence, and how that affects you*Consider the status of women in Buddhism*Find out what Buddhism means in practical life*Discover the wisdom latent inside you*Learn to let go of anger and frustration*Learn how all things are connected, including you*Discover new mental possibilities*Find your own path to enlightenment* Much, much more!Make use of this book today to educate yourself about one of the most popular ideas in history - transcending the mundane and discovering the ultimate. Get to know Buddhism intimately, and understand why it has had such a powerful effect on the world.Download Today!Tags: Buddhism, Zen, Enlightenment, Samadhi, Nirvana, Dharma, Buddha, Siddhartha, Guatama, Meditation, Dalai Lama, Mahayana, Theravada, Impermanence

Essential Chan Buddhism is the rare unearthing of an ancient and remarkable Chinese spiritual tradition. Master Guo Jun speaks through hard-won wisdom on Chan's spiritual themes familiar to Western readers, such as mindfulness and relaxation in meditation, as well as

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profound, simply expressed teachings and insightful explorations of religious commitment. Essential Chan Buddhism filters formal spiritual practices through the lens of mundane and everyday life activities. The work captures the lyrical beauty and incantatory style of Guo Jun's spoken English from the talks he gave at a fourteen-day retreat near Jakarta in 2010 and in subsequent conversations with his editor Kenneth Wapner. This value-priced hardcover edition is both a distinctive addition to Buddhist collections and a thoughtful gift for anyone looking for spiritual guidance. Chan master Guo Jun is one of a new breed of international teachers taking the world's great wisdom traditions into the twenty-first century. He is currently abbot of Mahabodhi Monastery in Singapore and teaches internationally. Chan master Sheng Yen's youngest dharma heir, he served as abbot of his Pine Bush, New York, retreat center from 2005 to 2008. A native of Singapore, Guo Jun received his full monastic ordination in Taiwan. He is a lineage holder and successor in Chan as well as the Xianshou and Cien schools of Chinese Buddhism. Essential Chan Buddhism is his first book. Kenneth Wapner's Peekamouse Books is a book packager and editor. Clients include Bantam, Tarcher/Putnam, Ballantine, and Doubleday. He is well known for his work on Rabbi Jesus, Bones of the Master, and The Zen of Creativity.

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Presented in a practical Q&A format, *No-Nonsense Buddhism for Beginners* is the most clear-cut introductory guide to understanding the essential concepts of Buddhism and how they relate to your daily life. How is an awakening different from enlightenment? Can agnostics and atheists be Buddhist? Am I supposed to stop thinking when I meditate? In *No-Nonsense Buddhism for Beginners*, renowned Buddhism teacher and host of the popular *Secular Buddhism* podcast, Noah Rasheta, delivers an easily accessible introduction to the teachings of Buddhism that answers these common questions and many more. With *No-Nonsense Buddhism for Beginners* you'll gain a fundamental understanding of Buddhism and how to apply the philosophies in your everyday life, through:

- A simple 4-part structure addressing the different aspects of Buddhism--the Buddha, key Buddhist concepts, the Buddha's teachings, and current Buddhist practices
- Straightforward Q&A's that simplify the vital concepts of Buddhism into easy-to-understand ideas
- "Everyday Buddhism" Sidebars that make Buddhism less abstract by offering down-to-earth examples from everyday life

Presented in a simple, conversational style, the information and guidance in *No-Nonsense Buddhism for Beginners* provides the groundwork that is necessary for building or continuing your own Buddhist practice.

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Buddhism continues to grow in popularity in the Western world as more and more people are becoming aware of Buddhist philosophies and the Buddha's teachings about the purpose of life and how a person can be the best version of himself on a daily basis. Approximately 350 million people around the world already practice Buddhism, and that number is growing by the day. You probably already know that the Buddhist religion explains how to take a different perspective on personal desires and materialism, poverty and social inequalities, and how to actually overcome worldly attitudes and unimportant concerns. But what exactly is Buddhism? And how did it begin? Who is the Buddha? And how do the Buddhist philosophies apply to your daily life? These questions - and more - are exactly what this book was designed to address. By the end of this short read, you will have a solid understanding of the Buddhist religion, including all the relevant facts, a brief overview of its history, and a strong foundation of its beliefs and principles from which to grow. So if you're ready to learn more and enhance your understanding about the Buddhist's road to Nirvana, then let's get started!

Buddhism for Beginners Scientifically Proven: Buddhism for
Beginners About the Book: Buddhism for Beginners There are hundreds of
books available on Buddhism. This book - Buddhism for beginners,

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tackles the most basic question on Buddhism: What is the essence of Buddhism? It explains the life of Buddha in detail and also highlights the methodology that you can deploy in order to become 'Buddha' in real life. You can treat this simple book as your manual for a mindful, aware, peaceful and satisfied life. The detailed chapter on meditation not only guides you through the manner in which you can meditate, it also answers some of the most important questions related to meditation. The five precepts of Buddhism are explained with examples in simple English that everybody can understand. There is also a detailed chapter on mindfulness and living the Buddhist lifestyle in real life. Remember, Buddhism is a way of life - it is the philosophy of life and this book is not intended to modify your existing religious beliefs in any manner. It simply supplements those beliefs so that you can develop mindfulness in all your actions in order to live a blissful life!

A Preview to Buddhism for Beginners.
What Is Buddhism? • Who Was The Buddha? • Buddhist Traditions • The Theravada School Of Thought • The Mahayana School Of Thought • The Vajrayana School Of Thought • The Three Treasures Or Jewels Of Buddhism • The Three Poisons Or Roots Of Evil In Buddhism • The Five Precepts Of Buddhism • The Ten Grand Precepts • The Foundation Of Buddhism - The Four Noble Truths • Living The Buddhist Philosophy: The Eightfold Path • A Day In The Life Of A Buddhist • Living In The Present

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Have you always been curious to know what Buddhism is really about? Who Buddha is/was and how it is that some of the practices that are widely associated with Buddhist practices, like Yoga and meditation, are slowly taking over the world as the preferred remedies for stress and other mental health issues? Are you also looking for a comprehensive, easy to follow guide that can introduce you to the practice without confusing you with unnecessary jargon? If you've answered YES, keep reading! You are about to discover the ins and outs of Buddhism broken down in simple language for non-Buddhists to ensure you can hold an intelligent conversation about it and possibly start

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incorporating some of its teachings in your daily life. Whether you are looking to achieve a level of spiritual development, discover the meaning of life, attain inner peace through ancient practices, or even expand your mind with the rich history and thought of impactful world religion and culture, one thing is clear: You want to understand Buddhism, its practices, and perhaps even get started with some of its practices like mindfulness and Zen meditation to change your life. If I am right, then it means that you came to the right place. As you are going to find out shortly, this book contains the most important details about Buddhism right from its origins, beliefs, secrets, rituals, philosophies to its life-changing practices like Yoga and meditation. More precisely, you'll learn: - The History and Origin of Buddhism - The Different Types of Buddhism - The History of Buddha - What Dharma Is and Why It's Important - The Five Precepts of Buddhism - The Four Noble Truths - The Noble Eightfold Path - The Significance of Karma, Wisdom, and Compassion - The Ins and Outs of Reincarnation and Nirvana - The Dalai Lama and the Buddhist Traditions - What do You Need to Know about the Rituals, Prayers, and other Practices Of Buddhism - How to Practice Mindfulness Meditation and Acquire the Zen Mind - The Relationship Between Buddhism and Yoga And much more! There are a lot of insights we can derive from Buddhism and its practices today, whether we're looking for physical, mental, or emotional

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development. Would you like to know more about that—and other related facts? Or would you rather find a way to achieve that state yourself, even if you are a complete beginner that has never practiced Buddhism before? Whatever you choose, this practical book is here for you to achieve it effortlessly. Scroll up and click Buy Now With 1 Click or Buy Now to get started!

WINNER OF THE TRICYCLE PRIZE FOR EXCELLENCE Expertly and lucidly surveying the basic varieties and teachings of Tibetan Buddhism, renowned scholar Robert Thurman makes this authentic spiritual tradition available to contemporary Western audiences

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